

The Pipeline

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Mike Jennings to Lead CFC Communications Team

By Margaret Davis Harney, CFC Communications

Mike Jennings, formerly a newspaper reporter with *The Courier Journal*, will assume the lead in the communications and media relations program for the Cabinet for Families and Children effective Oct. 18.

A Louisville resident, Jennings is no stranger to Frankfort. He started his tenure with the *Courier* as an education writer in the Frankfort bureau more than 10 years ago – just in time to cover the birth of KERA, the Kentucky Education Reform Act. Jennings continued to live and work in Frankfort for almost four years, when marriage to a Louisville resident led him to request a transfer.

He and his wife Leslie Scanlon, the *Courier's* religion writer, are now firmly entrenched in Louisville with their two children, ages 3 and 5, so Jennings new position won't mean a move to Frankfort for the family. In fact, he is looking forward to the long commute as a time to indulge in two other loves – reading, in the form of books on tape, and listening to classical music.

In addition to his career with the *Courier*, Jennings worked for *The Birmingham News* in Alabama, and devoted several years to teaching and going to graduate school.

A native of North Carolina's Forsythe County, he obtained a bachelor's degree in psychology from North Carolina State in 1969, and returned later to teach English. He also taught English in Saudia Arabia after earning a master's degree in English from the University of Virginia in 1978, and later taught English at Duke University while he studied there for a doctorate.

The highlight of his career is intertwined with his personal life for Jennings. In 1993, a series of stories he wrote on searching for his natural father, whom he found, won him the first place award for non-deadline writing from the American Society of Newspaper Editors.

Communications staff, including Jennings, are located on the fourth floor of the CHR Building at 4C-A. Jennings can be reached by phone at 502-564-6786, ext.. 3322, or by e-mail at Mike.Jennings on the global address system.

Jennings replaces Cary Willis, who left in September to work for a public relations firm in Louisville.

Special Friends Mentoring Program Receives Award

Frankfort's Special Friends program was among 11 community groups from across the state honored at the Bold Connections Awards dinner in Covington Oct. 11. Awards were presented to the groups for their work in developing community partnerships to serve children and ensure they receive the best education possible.

Special Friends volunteer to mentor local students whom school personnel have identified as needing extra help to reach their potential. The Capital City Optimist Club originated the program in 1996 under the leadership of Ronnie Dunn, manager of the Employee Services Branch of the Cabinet for Families and Children. Dunn and Algean York, the club's current president, accepted the award.

With the support of Secretary Viola Miller, CFC is now a partner with the Optimist Club in the project, assisting with recruitment and training of volunteer mentors, who now number more than 80 in Frankfort.



Mentors typically devote an hour each week with a student, usually a lunch hour, and several volunteer with more than one student. Volunteers include employees of CFC, CHS and several other cabinets, as well as state retirees and other members of the community.

The Special Friends program is also expanding outside of Frankfort. Meade County started the program this year and now has 35 volunteers, and plans are now under way to begin Special Friends programs in Woodford and Powell Counties.

For more information on Special Friends, contact Ronnie Dunn at 502-564-7770, ext. 3566.



Notes and Activities

- Wear a **costume for KECC** Oct. 28. The parade of costumes will begin at 11:30 a.m. in the cafeteria of the CHR Building, and judging will begin at noon. Prizes will be awarded for the most original, funniest and scariest costumes. The entry fee is \$2 and all proceeds will benefit KECC.
- CFC's **KECC cookbooks** are now available for \$7 each. Contact Bonnie Cox, Disability Determinations, (502) 564-5028, or Peggy Burch, Office of Technology Services, (502) 564-6478 Ext. 3341.
- An **Infant Resource Center** is scheduled to open Oct. 20 at Immanuel Baptist Church in Frankfort. The center will provide emergency resources – including clothing, formula and bedding – to low-income families with infants under age 2. For information, or to make an appointment for assistance, call Kathy Hutchins, director, at 223-7630.
- **Network – Women in State Government** meets on the fourth Wednesday of each month at 11:30 a.m., at the Columbia Steak House, Frankfort. For more information, contact Barbara Pulliam, president, at (502) 564-7863.
- The **Fibromyalgia Support Group** meets the third Thursday of each month at 7 p.m. at Highland Christian Church, Versailles Road, in Frankfort. Anyone who is interested is invited to attend. For more information, call Linda Burke of Health Services at 564-7213.
- Nominations for **CFC Employees of the Month** are due by the 15th of each month. For more information, or to submit a nomination, contact Charlene Nation of the Employee Services Branch, CHR-5, phone 564-7770. She will also accept nominations sent by e-mail.

Deferred Comp Expos

There are only three more dates scheduled for the Investment Expo, which is sponsored by Deferred Comp. There are two sessions each date, one at 9 a.m. and one at 2 p.m.

Frankfort – Oct. 26, Capital Plaza Civic Center, 405 Mero St.

Morehead – Oct. 27, Ramada Inn (formerly Holiday Inn), 1698 Flemingsburg Rd., Oak Room

London – Oct. 28, London community Center, 529 S. Main St., rooms A and B

For more information, call 1-800-542-2667.

It's Flu Shot Season

Flu season is just around the corner. In fact, influenza has been reported to have already occurred in Alaska and on an Alaskan cruise ship. Kentucky health officials are encouraging Kentuckians, especially those more than 65 years old, to get a flu shot between now and November to get the best protection.

In addition, people with chronic medical conditions definitely should have a flu shot, says Kentucky State Epidemiologist Glyn Caldwell, M.D., with the Department for Public Health.

Caldwell said anyone who wants to avoid catching the flu can get a shot, but health officials recommend the vaccine particularly for high-risk groups to avoid the dangerous complications of influenza that can result in people who already have health problems.

“We urge elderly people and people with chronic illnesses to get a flu shot every year because they are more likely to suffer serious, even life-threatening complications from the flu. Influenza immunization has been shown to reduce hospitalization by 30 percent or more. Most other people who get the flu are ill from five to 10 days,” he said.

If you missed the first round of flu shots for employees in the CHR complex, a second round will be administered in November. Orders for the shots will be taken until close of business Oct. 18, and you must pay the \$2 charge when you place the order. To schedule your flu shot, contact Dora Kerns, CHS Office of Program Support, 4th floor of the CHR Building at 4C-C, or call her at 564-2772 ext. 126.

It takes at least two weeks after the shot for the vaccine's protection against the flu to be effective.

The shots can be given to most people, except those with a severe allergy to eggs. Those people who have a short-term illness with fever need not put off getting the shot until they have recovered. Pregnant women should consult with a doctor before receiving a flu shot.

Flu shots are available from private doctors and through local health departments. If you plan to get your shot from the local health department, call ahead to be certain that the vaccine is available. Most health departments give flu shots on a sliding-fee scale.

Caldwell said that some people are afraid to get a flu shot because they think it might cause the flu, but that is not true. He said the flu shot may cause a slight fever or soreness where it is administered, but it will not cause the flu.

For more information, contact your local health department or the state Division of Epidemiology at (502) 564-3418.

Adoption Fair Set for Nov. 7 in Lexington

Anyone who has ever considered adopting a child, but didn't know where to turn for information, will want to attend the Adoption Fair of the Bluegrass Nov. 7.

The fair, now in its second year, will be held at Lexington Mall from 1 to 4 p.m., and will provide information on every aspect of adoption and foster care – from eligibility requirements for prospective parents to support services available after an adoption is completed.

Government and private agencies and support groups will have representatives at the fair to answer questions and conduct workshops.

Following the fair, people wanting to adopt from the Cabinet for Families and Children will be encouraged to attend follow-up meetings for more information. CFC needs good homes for more than 300 children who are older, or are in sibling groups, or have physical, medical or emotional challenges.

The fair kicks off National Adoption Month, held each November to increase awareness of the need for more adoptive parents. Recent federal and state legislation, including the Adoption and Safe Families Act of 1997, has streamlined the adoption process.

Workshops at the fair are scheduled as follows:

- 1:15 p.m. – International Adoption
- 2:00 p.m. – Trans-racial Adoption
- 2:45 p.m. – Open Adoption
- 3:30 p.m. – Adoption/Foster Care: Where do we go from here?

For more information, call Lexington's CFC Adoption Unit at 606-246-2256, or 1-800-432-9346.

Health Conference in November

A conference on health care, Unraveling the Health Care Dilemma, will be held Nov. 18 at University Plaza Hotel and Convention Center in Bowling Green.

The conference is jointly sponsored by the Cabinet for Health Services, the University of Kentucky Center for Health Services Management and Research, and the Western Kentucky University Department of Public Health. It will feature other local and national experts in the field of health care.

For more information, call 502-564-2851 or 800-853-2851. Information, including an online registration form, is also available on the Internet at <http://www.lrc.state.ky.us/LTPRC/Registration.HTM>.

Employees Who Adopt May Receive Financial Help

As National Adoption Month approaches, observed annually in November, state employees are reminded of a benefit many may not know they are eligible to receive. Nov. 1 will be the one-year anniversary of the Adoption Benefit Program.

Effective Nov. 1, 1998, the program provides financial assistance to state employees who adopt a child. Employees who adopt a child may apply for reimbursement of expenses incurred in the adoption process, up to \$5,000 when adopting a special needs child, and up to \$3,000 for other adoptions.

Special needs children are children who may be hard to place, including older children, bi-racial children, or children who need to be adopted with a sibling group.

For more information on the Adoption Benefit Program, contact Kathy Molen of the Personnel Cabinet's Department for Employee Relations, 200 Fair Oaks Lane, Suite 511. You may call her at 502-564-7911, or send her e-mail at kathy.molen@mail.state.ky.us.

Arthritis Research Grant Received

Kentucky is one of 38 states receiving \$4 million in grants in an effort to reduce the occurrence of arthritis - the leading cause of disability for Americans.

The Centers for Disease Control and Prevention announced the grants on Sept. 29. Kentucky will receive \$56,220 each of the next two years to better determine the extent of the disease and to educate the public and health professionals about ways to prevent and treat it.

"Many forms of arthritis are preventable," said Paula Alexander, a nurse with the Kentucky Department for Public Health, who will be the project leader for the grant. Arthritis can be caused by obesity, a lack of exercise and occupational or sports-related injuries, she said.

The department will work with the Arthritis Foundation-Kentucky Chapter on the project.

Arthritis and related conditions affected nearly 43 million Americans in 1998. By the year 2020, an estimated 60 million people will have arthritis. Arthritis costs the nation \$65 billion annually and is second only to heart disease as a cause of work disability. Cost-effective interventions to reduce disability are underused, according to the CDC.

In 1990, approximately 617,000 Kentuckians had some form of arthritis, according to the CDC. Projections show that 874,000 will suffer from the disease within 20 years.

Helpful Web Sites

Something new will be added to these *Helpful Web Sites* each week. Remember to "bookmark" the ones you will want to refer to often. If you've found a helpful site you would like to share in this column, e-mail it to



<mailto:margaret.harney@mail.state.ky.us>

Health and Human Services

<http://www.ggw.org/cap/emancipated.html> – the Adoption and Safe Families Act of 1997, including a version in plain English.

<http://www.omhrc.gov/welcome.htm> – The U.S. Department of Health and Human Services' Office of Minority Health Resource Center; links include a newsletter, "Closing the Gap"

<http://www.os.dhhs.gov> – U.S. Department for Health and Human Services

<http://welfareinfo.org> – up-to-date information, policy analysis and technical assistance on welfare reform

<http://www.state.ky.us/agencies/gov/domviol/toc.htm> – Governor's Office of Child Abuse and Domestic Violence Services

For Kids (Thanks to Eva Smith-Carroll, CHS Communications, for the first two links listed)

<http://www.hhs.gov/kids> – U.S. Dept. of Health and Human Services information for children

<http://kidshealth.org> – a health site created for children by experts in pediatric medicine

<http://www.whitehouse.gov/WH/kids/html/kidshome.html> – news from the White House for kids

Preparing for Y2K

<http://www.senate.gov/~y2k/documents/100dayrpt> – the full report online of the nation's preparation for Y2K, including banks, utilities, schools, hospitals and local government

<http://www.fema.gov/y2k/bltn00.htm> – a consumer guide to Y2K preparation

<http://webserve.dma.state.ky.us> – Kentucky Division of Emergency Management

<http://www.state.ky.us/year2000/index.htm> – Kentucky's Y2K Project

<http://www.fema.gov/y2k> – Federal Emergency Management Agency information on Y2K issues

<http://www.usda.gov/aphis/FSWG> – information from the federal government on Y2K and the food supply

News

http://cfc-chs.chr.state.ky.us/media_releases/media.htm: media releases from communications staff of CFC and CHS

<http://www.state.ky.us/agencies/gov/rlspage.htm> – news releases from Gov. Patton's communications office

Security Badges Will be Made Oct. 18 – 29 for Frankfort Staff Working in the CHR Building

Kentucky State Police will be in the CHR Building complex Oct. 18 – 29 to make employee ID badges for security purposes. They will be in room G26 of the Health Services Building, which is off the center corridor of the ground floor, across from Quick Copy.

All employees working in the CHR and Health Services buildings will be scheduled to have badges made as follows:

Oct. 18-19: Workforce Development, Finance and cafeteria employees

Oct. 20-22 and Oct. 25: CHS employees

Oct. 26 - 29: CFC and MARS employees

A representative of the Security Committee will contact department heads to set a time for each department to have individual photographs made. Time for each department will be limited, so be sure to get there during your appointed time.

All **contract employees** must also have photo IDs, and should report to the Health Services Building at the time scheduled time for the departments where they work.

Temporary employees do not have to have their pictures taken. They will be issued special IDs.

The list of employees in the CHR complex is complete through Aug. 15, 1999. All new employees hired since Aug. 15, or any transfers from outside the CHR complex since Aug. 15, must be added. Department heads are asked to e-mail the names and social security numbers of these individuals to:

CHS staff: Lori Gibson, lori.gibson@mail.state.ky.us

CFC staff: Andrew Bland andrew.bland@mail.state.ky.us

Workforce staff: Brad McGill brad.mcgill@mail.state.ky.us

Pipeline, a weekly newsletter for employees of the Cabinets for Families and Children and Health Services, welcomes reader comments and contributions. Items for *Pipeline* are due by 4:30 p.m. Tuesday; items for intercom announcements are due by 4:30 p.m. Monday. Call (502) 564-6786 or send information to Patricia Boler at Patricia.Boler@mail.state.ky.us